

Fall 2014 / Issue #10



Keep Coming Back!

By Gary Fisher

Chris asked me if I would write something to recap the reunion. It was such a remarkable couple of days that my words really can't do it justice but it did make me think of a story.

(If I have already told this story, please forgive me, but I thought it might be worth telling again.)

A couple of years ago, just before the start of the reunion, I was out by the volleyball pit and one of the residents was out back having a cigarette. He motioned to me as if he had something he needed to talk to me about. It seemed fairly serious so I walked over to where he was standing and tried to channel a little "higher power" as I steeled myself to hopefully say something prophetic. He looked at me and asked "Do people really come back?" He said it in a low and quiet voice almost as if he were embarrassed to ask. I quizzically responded "Come back? To the reunion?" He nodded at me and I said "Oh yea, lots of them."



Gary Fisher



It hadn't occurred to me until that moment that someone early in their recovery would think that people would not come back -that their faith would be so tenuous that the thought of coming back to the treatment center voluntarily would be so unbelievable. But to this gentleman, it was! At this point in his life of sobriety, he could not fathom that a treatment experience could be so precious that our alumni would travel for days, and spend thousands of dollars, to come back. Come back to touch, to see, to feel. But come back they do. And they come back in droves.

I believe what touches our alumni and the staff at Cirque Lodge, is not the program and not the venue. What touches each of us is how many come back! How many who have been touched by the experience, touched by message, and touched by each other as they fought to get on this path we call "recovery".

Truth be told, most fought hard not to be here:

They fought to not hear the message of our speakers; to not hear the bell toll for those who passed; to not hear the serenity prayer intoned by all of us standing shoulder to shoulder; to not feel the love of the power greater than ourselves.



They fought to not hear the message of love and forgiveness under a starlit night; they fought against gathering at the fire to be inspired by all who shared as the embers burn bright.

But for those of us who have given up the fight... for those of us who have surrendered... for those who hear the message and who can forgive... for those who can feel the love... for those of us who show up, not for ourselves but for that person who believed that no one would ever come back...

Thank you.

The reunion continues to be a profoundly spiritual experience, made even greater by the support, love and commitment of our alumni. Thank you for keeping the faith. Thank you for being that unbroken link in the chain of human recovery. Thank you for showing up. It means more than my words can say.

Until we gather again, may God bless you and keep you!

Always!

Gary

Thank You Alumni!

By: Chris Rueckert

I want to thank everyone who came to the alumni reunion this year! It was the biggest reunion that we have had so far and it was so fun to see everyone! Our hope is that you can join us every September to share your experience, strength and hope! Until then, come back and participate in the "guesting" program. Join us for alumni dinners, aftercare groups, meetings and retreats. Stay connected with Cirque Lodge and other alumni through the private alumni Facebook page.



As you do this, you will continue to develop a strong alumni group who can help and support you along your journey!

Chris Rueckert

Here are some dates to put on your calendar; more details will be emailed out shortly:

- **Alumni Holiday Party in Malibu - December 14th**
- **Christmas Eve Bonfire at Aspen Grove - December 24th**
- **Alumni Ski Retreat in Sundance - February 6-8th**

I hope you're all having a great year! Please contact me with any ideas for alumni activities in the future. Please stay in touch and I hope to see you at the next alumni event!

Chris Rueckert

chris@cirquelodge.com

Run for Recovery

By: Tyler Gordon

We had a beautiful setting for our 10K, 5K, 1 mile kids Run For Recovery 2014. It is a wonderful opportunity for me to be a part of helping raise money for such a great cause. Success in my mind is bringing individuals together in a cause and encouraging each other along the way.

Connecting and supporting each other in recovery is an amazing thing. Thanks to all those who participated and supported us. We have been able to raise money to help support a person on their path to recovery from addiction. It was a huge success and we hope to see you back again next year!

Tyler Gordon

www.ripreza.com





From Alumni

Cornucopia of Benefits

By: Kara H.

The crisp Utah air and symphony of dancing leaves can only mean one thing. The Cirque Lodge 15th Annual Alumni Reunion is here! I've been a Cirque Lodge Alumni since June 2013. Within that brief timeframe, I have already seen and experienced firsthand how valuable and important it is to stay connected to my Cirque Lodge family.

Reconnecting with fellow Cirque alumni has been beneficial beyond measure. Mostly because it reinforces the common bond that we all share. I feel fortunate and honored to be a member of such an amazing group of people. (Addicts/alcoholics are quite a unique, witty, and fun bunch.) I've never felt more accepted & supported in my life. No one can do "this deal" alone. Having the ability to connect with past Cirque residents (& especially staff) has allowed me to stay present and mindful.



By no means, has my journey been perfect. I have had my ups and downs, as many do. However, Cirque has prepared me with the tools and knowledge to overcome any obstacles, "Progress, not perfection." Personally, I've found that 12-Step programs are so successful simply because of the human connections made between members of The Fellowship. Staying connected to fellow addicts and alcoholics is the key to maintaining my sobriety.

In my experience, Cirque alumni events have brought a cornucopia of benefits into my life. Upon leaving any event, I'm always filled with gratitude, hope, and love. There is nothing better than seeing old friends and meeting new ones. I always learn so much from my Cirque comrade's experience, strength and hope. Laughter, friendship and life are just a few of the priceless gifts Cirque Lodge has afforded me. Ready to get back to living life to the fullest! See you next time!

Sincerely, Kara

Alumni Reunion & Guesting

By: Natalie G.

Alumni Reunion:

How convenient that Cirque schedules its annual Alumni reunion so close to my one year anniversary of first arriving at Cirque's doors. That was a time when I first chose to leave my old habits, outlooks and mayhem behind, in search of new peace and meaning in life. The timing couldn't have been better.

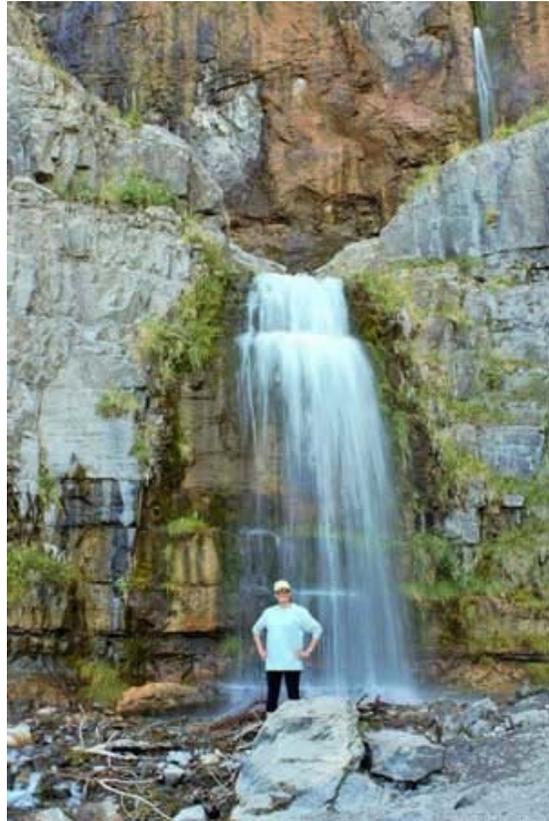
I had repeatedly heard from other Alumni about how powerful this Alumni Reunion weekend was, yet I didn't really know what to expect. Initially I was probably looking forward to seeing familiar faces and the food, but I received far more than I could have anticipated.

Attending the Reunion taught me that my 'Circle of Cirque' was greater and more meaningful to me than I had realized. It was more than just seeing people with which I had lived and interacted for a few days, weeks or months. It unexpectedly reminded me of the work done while I was a resident at Cirque, and the lessons learned while rediscovering the value in a new life based on being present. Every time I recognized the face of an Alumni or a staff member I recalled times in process groups, 12 Step Meetings, experiential activities and family weeks, along with the tears, laughter, sadness and joy that accompanied them. I recalled the challenges I faced while at Cirque as a resident, and how each of them equipped me with new ways to face the realities of each day once in the real world, beyond those now beloved gates of Cirque. There were also constant reminders of lessons that may have started to slip from my mind a little bit, thankfully to be brought back to my attention and quickly restocked in my tool chest where they belong in case I may need them.

The Reunion also made me realize how my 'Circle' had grown after I had left Cirque. Seeing people from my local Alumni meeting, was like seeing neighbors from down the street, even though they live quite far from where I live.

Unfamiliar faces also had a strong impact in that they added to the reminder of how many others also suffer from the disease of addiction, and how much positive energy is created when we are all united in a celebration of our spirit, life and self. The bell tolls for the alumni who have passed have been described to me in many ways. For me it was a humbling time to be reminded how vulnerable we all still are, and how fortunate we are/were to be back at Cirque to reunite and pay tribute to those who are not as fortunate.

Guesting:



It was suggested by my therapist that since I was planning to attend the Alumni reunion, I should look into taking advantage of the guesting program offered by Cirque. I now realize how well founded she was with her gentle persuasion since she knew I was going through a somewhat stressful time. She was correct in reminding me that "the most opportune time to guest is not when you are feeling overly content nor is it when you have already lapsed and in the need of a complete tune up."



Guesting at Cirque was as positively influential as the reunion proved to be. The first two days gave me time to converse with staff members I hold dear, get to know some of the current residents, and also have time to quietly reflect on the past year of my life and its changes. At times it was surreal to quietly walk down familiar hallways on my own, look out at the mountains from windows in the dining hall, and steal moments of personal reflection, all while not being guided by the schedule and monitoring one has while there as a resident. And then

Family Week started...

Prior to family week I had some time to get a feel for my roommates and other residents through process and study groups, trips to the gym, conversations during hikes and meal. These bonding activities continued during Family Week, but were enhanced by interacting with some of the visiting family members as well. Processing with some of the families allowed me to offer feedback and suggestions I had gathered from my own experiences in those same seats, while also humbly reminding me of where I had once been and not to forget what I had learned while seated where they were now.

I hope to guest at least once or twice before next year's reunion; and I look forward to adding some more rings to my 'Circle of Cirque' each time I do.

I was only back at Cirque for 6 days in total, but upon my departure it unexpectedly felt as if I'd been away from my other home for weeks. Coming home was a bit bittersweet because I didn't anticipate missing Cirque's familiarity and the new residents I had come to know. It's the birthplace of the new me, and it fosters the growth of a new family Circle I never could have anticipated.

Gratitude For Cirque

By: Sean B.

(from Sean B.'s Blog)

A few weekends ago I had the honor of attending my 2+ year reunion at the Residential Treatment Program (Rehab) that was fundamental to the construction of my sober, moral and spiritual foundation: Cirque Lodge.



Shortly before arriving at the facility on the first night of the reunion, I began to experience flashbacks of my morning meditations while I

was institutionalized. Every morning, I woke up before the other residents and went out to the deck with a cup of coffee. I would silently stretch and meditate in the last minutes of morning's darkness and then bathe in the beautiful sunrises as the warm hues of yellow, gold, orange, pink, or red saturated my soul. Most of the time, I cried. I was ridden with guilt, shame, remorse, regret and anguish. It was very cathartic...and the healing was also accompanied by tears. Inevitably, the unflappable optimism of my cosmic thermostat would seep back through my temporary brawls with depression and I would picture a brighter future.

As I was pulling up to Cirque that night I realized that my deepest desires for a happy future were lackluster in juxtaposition with my life today.

The next night's event took place around a bonfire up the road from Sundance resort. Dozens of alumni and staff shared their experiences of life before during and after their investiture of Cirque Lodge. In the spirit of my commitment to do what is in front of me, I chose listening as my form of participation, as the microphone did not make its way to me.

However, the tidal waves of gratitude that I felt over those two nights will not be quelled so I am breaking from the typical themes of this blog site to share my experience and express my gratitude for the players in my scene of the odium known as Cirque Lodge: a true jewel in the addiction recovery industry.

One can read, in many of my previous blog posts, much more of the nitty-gritty dirt and scandal that led up to my admission to Cirque Lodge. But for those reading this particular narrative as a stand-alone work, I offer this abridged account: I betrayed a close friend of mine by stealing from him multiple times to keep my alcoholism and pain pill addiction hidden from my wife. On the final night of my drug and alcohol use, I broke into his bar and was subsequently arrested and thrown in jail. The account of that final incident was made very public by a local news station. My wife, family, and friends were angry, resentful, embarrassed, and crestfallen due to my actions.



My wife not only told me to stay put in jail but let me know that I was temporarily blackballed from the family until she could figure out what to do with me. Amidst the agonizing detoxification process that I was experiencing, I had enough cognizance to realize that getting a friend to bail me out would cement my banishment. After 3 ½ days in the slammer, my mother-in-law convinced my wife to have me transported from the Salt Lake County Jail to the University Neuropsychiatric Institute (UNI) at the University of Utah.

And on the first day (at UNI)...God gave me Gary Fisher.

I had known Gary for some time. My wife fervently reveres this man and has viewed him as her father-figure, mentor, and utmost paladin for the disease of addiction. I viewed him as a handsome charmer and all-around likable guy. But on this day I entered the visiting area and could barely raise my eyes to meet his. I was despondent at best; self-loathing, shamed and disgraced is more like it.

Gary sat me down with a glimmer in his eye like Good ol' St. Nick. He shared with me a personal story that made mine look like child's play. His message was much more than simple optimism (which I was impervious to at the time). He spoke to me with a certainty that was accompanied by such vitality, that the effects of his words have steadied and attuned me to his vision to this day. My gratitude for the grace that he lavished upon me that day is immeasurable.

Two days later I admitted to Cirque lodge. My intake person was named Scott. His upbeat enthusiasm colliding with my utter immersion in self-loathing and shame was enough to make me want to punch him in the face. Happiness was an emotion that was so foreign to me at the time, that I was sure he was faking his joy just to twist the knife in my heart a little deeper (3 weeks later I was able to apologize for my previous disdain for this man and I realized that he is a genuine and wonderful cat). I am grateful for Scott.

The next stop on my journey was the assessment room at Cirque with the beautiful and alluring Julie. Her charm and grace lowered my defenses and gave me hope. Later I was privileged to team up with her on the volleyball court for some 4th of July domination. I love that woman.

Dr. Mac was one of the next stops on my journey. If Gary Fisher is the Obi-Wan Kenobi of Cirque Lodge, Dr. Mac was the Yoda. Within minutes of meeting her she presented me with the single most valuable piece of information in this stretch of my journey, to facilitate the initiation of self-forgiveness. As I strained to hear her, she asked if my hearing loss came at a young or older age. When I explained that I was born with a birth defect that limited my hearing in both ears, she quickly painted a picture for me that elucidated my predicament.

She explained that if you took just about any child with my hearing loss, exuberant personality, and propensity for distraction, she would show you a child that would grow up to be an addict. As if she were watching a film of my childhood, she explained how eager I must have been to please my teachers in school at a very young age (5-9 years old) only to find that they would confuse my inability to hear instructions as prejudice disrespect for their teaching abilities. They would then label me as someone who would not listen and follow directions, a troublemaker, and an albatross. Each year I would begin the new semester optimistic that a fresh start would allow my next teacher to see me for what I was; a loving and intelligent boy that was eager to please. Of course, I was unaware that each teacher had already been poisoned by the ill words carelessly spewed about Sean Barnett in the teacher's lounges throughout my years in elementary school.

She explained that if this would have happened it would have been my natural course to develop oppositional defiance behaviors; that I would have been destined to find solace in the booze, ganja, and pills.

Whether it was an accurate description or not of what took place in my youth, It rang true enough to break down the walls that had never let me begin to forgive myself for being a liar, deviant, and thief since age 9.

Then there was Bev. I am astonished that she didn't throw me out on the streets in the first week. I came with much more baggage than your regular client as my mother-in-law and wife



were former employees of Cirque Lodge. My malady was an implausible combination of depression, rage, and shamefulness mixed with narcissism, arrogance, and entitlement.

Somehow she exhibited a ceaseless supply of patience and compassion and touched me in the center of my heart.

I was able to work with her presenting a "how to make it at Cirque" presentation to newcomers a couple of weeks into my stay, and I emerged from that experience with a friend for life. I actually was blessed to sit next to Bev for a while at the reunion campfire and teared up at the sight of her radiant eyes; so full of passion for the work Cirque does to help addicts alleviate their suffering.

My first case manager was Joe. I hated him right off the bat. This was the perfect response of a narcissistic, arrogant, entitled prick after all. But after a couple of weeks, I evolved to a point that his wisdom seeped into my soul. I found out he is leaving Cirque and I am saddened. Before I left Cirque I had come around to admiring Joe. At the reunion I discovered that I love that man deeply.

Stacy Stocking was my next counselor. My initial judgment of Stacy was off base as well. Who was this nerd that was always saying, "Aho!" and lighting candles? I'll tell you who he is...he is a stand-up guy, with a heart of gold. He is a man of integrity that walks the walk (literally as he counsils his patients along a river bank) more than he talks the talk. He is an amazing listener. He facilitated the contract that allowed me to come home, and he was the primary factor in cracking open the door to my wife embarking on a journey to forgive me. So I guess, in a sense, he is partially responsible for our new son Jack coming into this world. Love and gratitude envelops my heart when I think of Stacy Stocking.

I had a couple of sessions with Burton that were very powerful. He played the role of Buddha for me. My favorite sessions were with Burton. My thoughts and emotions had been chaotic and sloppy prior to my sessions with Burton. He facilitated my return to center. I am honored to know Burton.

In the mornings on the way to the Gym, I got to know Rich. He is the staff member that felt most like a friend. He related to me. He encouraged me. He let his love shine freely with me. I admire Rich and look up to him. We played on the river together. Each morning it was important to me to know that I could have friends again. I was pessimistic about that possibility after all of the notorious events that led up to my incarceration. I love you Rich!

When I speak of love I immediately drift to memories of Greg. He exemplifies unconditional love and acceptance better than anyone I met at Cirque Lodge. If Greg were an entry in a dictionary, the definition would probably say: A humble, generous, caring individual that never lets drama get in the way of his devotion to the clients of the Lodge.

There was also a Hobbit at Cirque Lodge named Randy. We got off on the wrong foot as well. He kept scheduling me for gardening instead of equine therapy as he was obviously unaware of my aristocracy. He also had the audacity to rebuke me for my crass and inappropriate jargon. He represented all that I stood against. Prior to Cirque, I had referred to police officers as "f##### pigs" so I'm sure you can imagine what my initial assessment of Randy was. Fortunately I rapidly realized my fastest route out of rehab was to do what I was told and keep my mouth shut when I didn't like something. So Randy blessed me with the most valuable tool in the expedition of my recovery. If there is one single tool that I would share with those who are early in recovery it is what I learned from Randy; The most direct path from the slavery of addiction to the freedom of recovery is through doing the

things I didn't want to do, keeping my mouth shut when I wanted to complain, and complying whole-heartedly with the instructions of my support team. Knowing Randy saved me at least 2 or more years of suffering...I am sure of it. I love and respect Randy with all of my heart. My gratitude for Randy is immeasurable.



If Randy shortened my sentence, Lee Anne gave essence to the odyssey. She was my Art Therapist. She was the teacher I had always wanted. The one who gave me a key to come use the facility after hours (not literally, but she did instruct staff to let me in after hours). I found my artistic side again through Lee Anne. As a youth I loved art so much and had abandoned it at age 13...the year my use of alcohol went from experimenting to abusing. I took those tools with me and found that I am a talented graphic artist. It has added luster to my life

in numerous ways. Thank you Lee Anne!

As I described earlier there was an Obi-Wan and a Yoda in my saga. There was also a Jar Jar Binks; his name is Michael. Michael served me in multiple facets of my initial recovery from addiction. But he served me mostly as an apparatus to see myself in all addicts. It was difficult to recognize myself in Michael at first. By the time I left, I not only had incredible love for Michael, I am able to have love and compassion for all who struggle with the disease of addiction. I thank you Michael.

And to be a true epic, my story must have a Hercules. He goes by the name of Chris Rueckert. He is a mountain of a man in both stature and good-heartedness; a true gentle-giant and a warrior of light and love. Chris has always been kind to me and continues to invite me to dozens of Cirque functions. I am currently anticipating an alumni event invitation and am stoked to continue connecting with the awesome staff at Cirque Lodge.

I am deeply grateful for my fellow inmates from my stay at Cirque but I would have to create a novel to even scratch the surface of that beast. Let me simply say, "I truly love you guys...Thank You! Thank You! Thank You!"

In future blog posts I will go into more detail of my experience and the aftermath of living at Cirque Lodge during the summer of 2012. I will always be grateful for my spiritual awakening that took place while sobbing in the shower of my dorm room. I carry with me the memories of learning to keep my head down and work, which has allowed me to walk with my head held high (because I make God proud these days and not because of arrogance).

Cirque Lodge spit me out with the ability to get through year 1...where day after day I kept getting better at ceasing to obsess about what others think of me. This gave rise to year 2...Where day after day I found out more and more of what I was capable of doing for others. And here I am in year 3 saying this daily prayer: "I awaken in the Body of Christ and the Body of Christ awakens within me."

The miracles in my life are incessant. My gratitude is infinite.

Which brings me to my final thank you in this post: Richard & Boni Losee, I will never be able to properly repay you for the grace and generosity that you showered upon me. You

not only saved my life...you gave me a life. I know what Richard would say (and he has), "You repay me by paying it forward." I am doing my best Richard. I am fighting the good fight. I am walking in love and compassion for those suffering from addiction. I carry the intention daily that if I can ease another being's suffering (not only addicts), I am committed and engaged. I am doing the things you have asked me...but I wanted to put in writing, a testament to my infinite gratitude for the two of you and all for the blessings that you create. I honor and acknowledge your vision that has become a reality, and a blessing that lives today - Cirque Lodge.

One Love

Sean

Follow Sean B.'s Addiction Recovery Blog at:

<http://www.lifeofsean.com/>



CIRQUE LODGE

Alumni Ski Retreat



SAVE THE DATE

February 6th-8th 2015

- Tubing at Soldier Hollow
- Skiing at Sundance
- Great Food!
- Great Company!

More info to Come....

Family Corner

Meeting in the Middle

By: **Keith Fierman**

The fall is beautiful here in the mountains this year, leaves are putting on quite a show. I usually write my column for "The Family Corner" on how to get a loved one motivated for treatment. But this issue I thought I would write about transitioning from treatment to home.

Transitioning back to home life after treatment can be an unusual time for many families. The client and family most often is going through a host of feelings.

Most people leaving treatment are actually in a better place than their loved ones. They have been working on themselves emotionally, physically and spiritually. And even if the family has taken suggestions and attended self-help groups such as Al-Anon they are usually way behind their loved one on the path of recovery.



Keith Fierman

It often takes a while before families build trust back, while at the same time the client wants the trust to come back immediately, mainly because he is feeling so good. Sometimes families feel left out once again because the client is going to meetings and meeting new people and hopefully fellowshipping with his/her new acquaintances.

To meet in the middle can be quite easy if you follow some simple suggestions. First everyone's recovery is their own. Don't try to run someone else's recovery. For married couples make a recovery date night. One person goes to AA/NA/CA and the other goes to an Al-Anon meeting. Then the couple meets up and either goes out with some other couples for coffee etc. or they go to dinner and/or a movie.

Remember it takes time to readjust to a new lifestyle. Take your time and be easy with one another.

Please feel free to call me anytime for suggestions on how best to Meet in The Middle.

Yours in service,

Keith Fierman CADC, BRI II

Cell (205) 533-2489

Staying Connected

Guesting & Relapse Track

The "**Relapse Track**" is a 10 day to 2 week program. It is typically better if you do the relapse track at the facility where you graduated. The staff would know you better and there is a good chance you would get the opportunity to work with the Primary counselor you worked with previously. The primary goal is to evaluate and strengthen your continuing care plan and to autopsy what went wrong and why. During these two weeks you are doing individual, group and experiential sessions centered on what led to your relapse. You also will concentrate on putting together a different plan for aftercare that addresses what was lacking in the first go around.



- **Call Tommy, Scott or Bret in admissions for pricing details. (801) 222-9200 x. 115**

The "**Guesting Privilege**" is a chance to return to the facility and guest with us from 72-to 96-hours free of charge. During the Guesting stay, alumni can refocus, refresh and renew their own recovery as well as share with the current residents here. Guesting is done at the



same facility where you received your care. This is a lifetime privilege for those alumni who have maintained abstinence and have not relapsed. This program was originally setup to help those who were struggling in sobriety, however it seems to be most effective for alumni who are doing well, as a way to stay connected with the Cirque program. Our goal is to give our alumni a safe environment away from the rigors of the world. This safe haven can be an instrument in preventing relapse as well as giving you an outlet to share your experience, strength, and

hope! If you have any questions please feel free to call me or anyone on the admissions team! Remember there is no charge for Guesting!

- **Call Tommy, Scott or Molly in admissions to schedule guesting. (801) 222-9200 x. 115**

Alumni Mentor/Service Program

Would you be a contact for a resident returning home?

At Cirque Lodge we know the importance of sending residents home with the knowledge and tools necessary to stay sober. This is a very important time for everyone and we want to do what we can to help make this transition as smooth as possible. If there are alumni in the resident's hometown that are willing to be a mentor, we want to be able to connect the resident with the alumni prior to their return home. If you would like to be a mentor to a resident as they return home please contact Chris Rueckert at chris@cirquelodge.com. A "**mentor**" is not a "**sponsor**" but simply an alumni contact who is doing well and working a program.



We would like a mentor to be able to be a contact source if the resident has any questions regarding local meetings, sponsors or information and advice that could help with the transition back home. This could just be a phone call or it could be going to a meeting together. Having an alumni contact upon returning home has been a very valuable resource and we are very grateful to our alumni and this service that so many have volunteered to provide.

Raleigh, NC - female
 Cambridge, WI - male
 Portland, ME - male
 Draper, UT - female
 Edmond, OK - female
 Syracuse, NY - female
 Beverly Hills, CA - female
 Detroit, MI - female
 Costa Mesa, CA - male
 Malibu, CA - female
 Studio City, CA - male
 Oakdale, PA - male
 Oklahoma City, OK - female
 Crestwood, KY - female
 Madison, MS - female
 Alexandria, VA - male
 Old Lyme, CT - female
 Visalia, CA - female
 Devon, PA - female
 Lancaster, OH - female
 Littleton, CO - female
 Hattiesburg, MS - male and female
 Tigard, OR - female
 Park City, UT - male and female
 Missoula, MT - male
 Jackson, MS - female

Stay Connected: Facebook

How to Join the Private Alumni Facebook Page!



1. Log in to www.facebook.com
2. You will need to create a profile if you do not already have one.
3. Send a friend request to "Al Clodge"
4. I will then add you to the Cirque Lodge Alumni Group
5. This group is completely voluntary and you can leave any time

The 'private' Facebook group is for Cirque Lodge Alumni ONLY! No family members, friends or anyone will be accepted in this private group. This is a way for alumni to communicate with other alumni on Facebook, while still allowing you your anonymity to the rest of the Facebook world. The only people that will see you as a member of this group are other alumni of Cirque Lodge who are already members themselves.

So I've created the pseudonym Al Clodge from Orem, UT. (aka. Al[umni]C[irque]lodge). I am the administrator for "AL Clodge" and have to approve all friend requests. www.facebook.com/alclodge and 'add friend'. I will then add you to the Cirque Lodge Alumni Group which is a "secret group". A secret group on Facebook is a group that cannot be found in searches, and non-members can't see anything about the group, including its name and member list. The name of the group will not display on the profiles (timelines) of members. To join a secret group, you need to be added by a member of the group. When non-friends are in the same group as you, this does not allow them to see any more of your profile (timeline) information than your privacy settings allow.

Contact Us

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